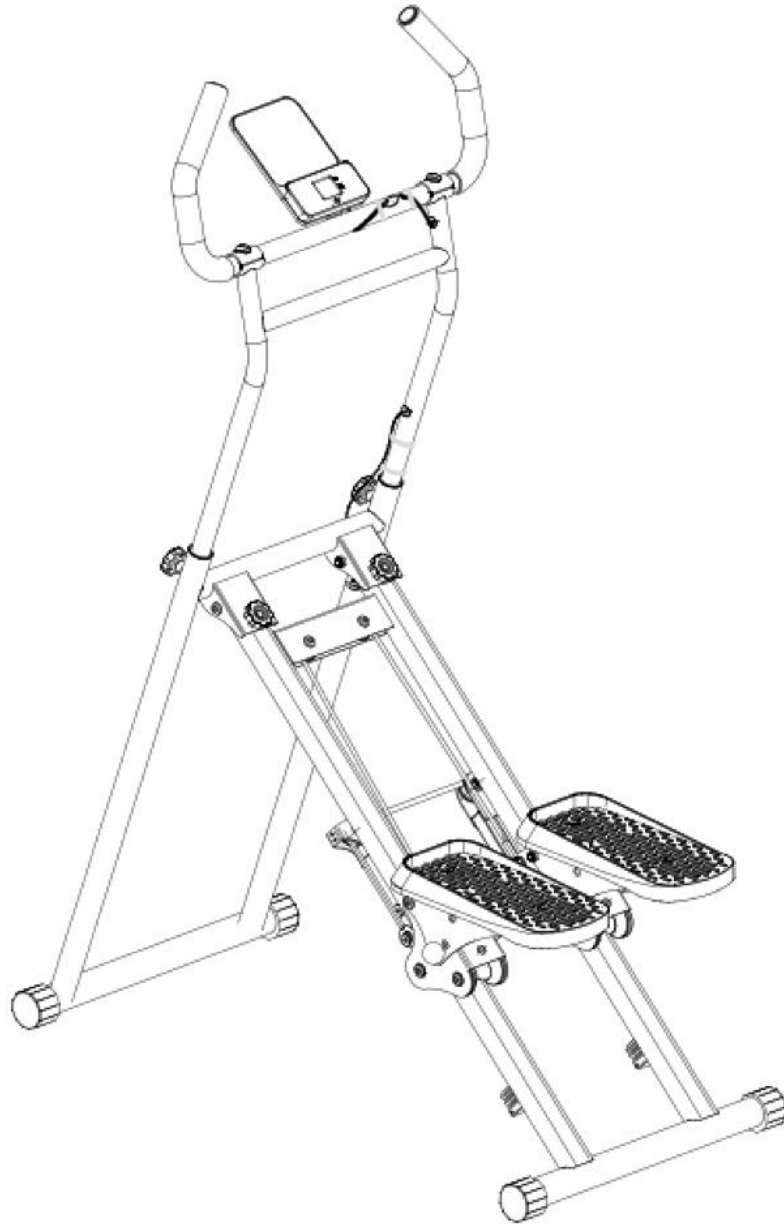


KC: 43-645-299

Vertical Climber Machine

Instruction Manual



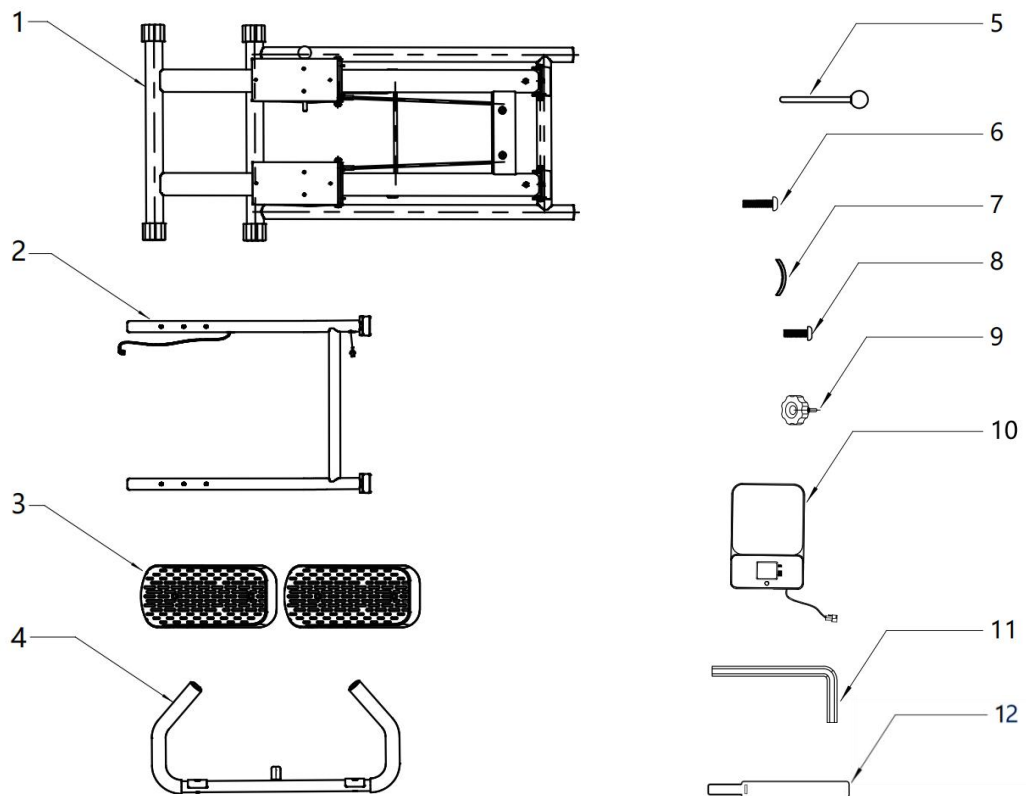
IMPOTANT SAFETY INFORMATION

Please keep this instruction manual for reference.

1. Before assembling and using the training equipment, it is very important to read carefully all the contents of the instruction manual. Only by correctly installing, maintaining and using the training equipment can we achieve safe and effective training results, and we must make sure that all users are familiar with all the warnings and precautions of the training equipment.
2. Before using the training equipment, the user should consult a doctor about his/her physical condition to prevent health or safety accidents from occurring during the training process, so that the training cannot be carried out normally. If the user is under treatment for heart, blood pressure, cholesterol and other medical conditions, it is even more important to consult a doctor before training.
3. Training should always pay attention to the condition of the body, incorrect training methods may damage to your health, if you have the following symptoms of discomfort (including: headache, chest tightness irregular heartbeat, shortness of breath, halo, dizziness and nausea, etc.), please stop the training immediately, and must be timely to get a doctor's examination and confirmation, must be allowed to continue to train only after the doctor's permission.
4. Ensure to keep children and pets away from the training equipment, which is for adult use only.
5. Place the training equipment on a hard, flat surface and cover the floor and carpet with a protective layer to prevent damage to the ground, for safety reasons, please ensure that the distance between the periphery of the training equipment and the obstacles should not be less than 0.5m.
6. Before using the training equipment, please check all the bolts and nuts that need to be locked to ensure that they are locked and safe to use.
7. Safe use of the training device can only be ensured by regular maintenance and repair of the parts that are prone to damage, wear and tear, and rupture.
8. Make sure to use the equipment in accordance with the instructions. When defective parts are found during assembly and maintenance or when noise is emitted during use, stop operating and using the equipment immediately and make sure that all problems are solved before proceeding.
9. When using the training equipment, please pay attention to the dress, try to wear simple clothes, avoid wearing wide clothes, because wide clothes may be stuck in a certain place of the equipment, which will hinder the operation and may be trapped in the equipment and can not be moved.
10. This training equipment is designed and manufactured in accordance with EN957 Class HC standard and is suitable for home use only, with a maximum user weight of 100kg.
11. This training device is not suitable for use as a medical device.
12. Pay attention to safety when lifting or moving the training device, and if necessary, use the correct operation method or with the assistance of other people.

PARTS DRAWING

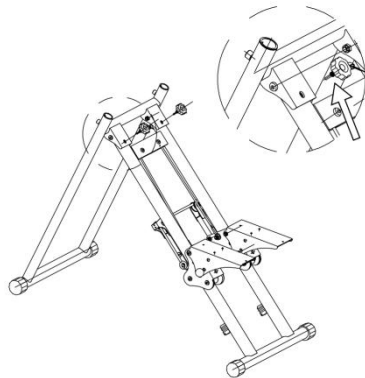
SERIAL NUMBER	PART NAME	QTY
1	Main frame assembly	1
2	Handrail column	1
3	Footrest	2
4	Handrail	1
5	Pedal fixing pin	2
6	Handrail fixing screw	2
7	Arc shims for handrail fixing	2
8	Pedal screw	4
9	Plum knob	4
10	Counter	1
11	Wrench	1
12	Velcro	4



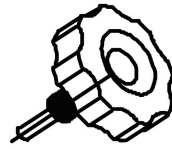
ASSEMBLY INSTRUCTION

Step 1

Insert the plum knobs into the main frame assembly as shown below.



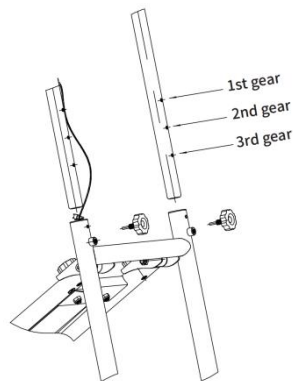
Required accessories and tools:



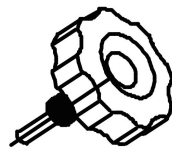
Plum knob 2 pcs

Step 2

Attach the handrail column to the main frame by securing it with the plum knobs. The handlebar height can be adjusted to three different levels.



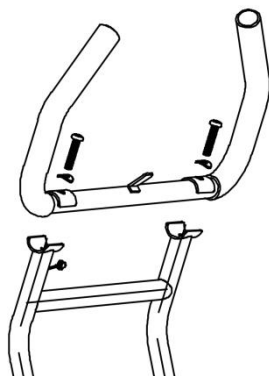
Required accessories and tools:



Plum knob 2 pcs

Step 3

Using a wrench, secure the handrail to the handrail column as illustrated.



Required accessories and tools:



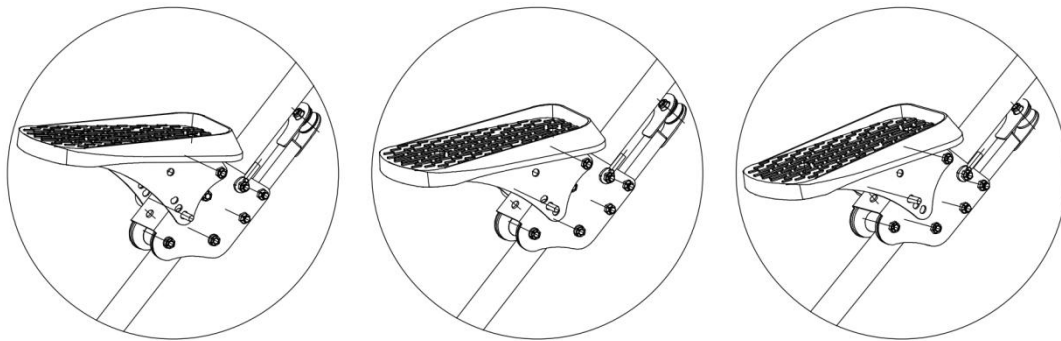
2 M8X40 screws, 2 curved spacers



wrench, one.

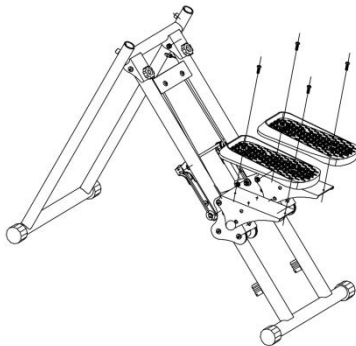
Step 4

Select the pedal angle that feels most comfortable for your walking style, then insert the fixing pin into the hole. The pedal angle can be set to three different positions.



Step 5

Secure the pedals by tightening them with the wrench and pedal screws as shown in the pictures.



Required accessories and tools:



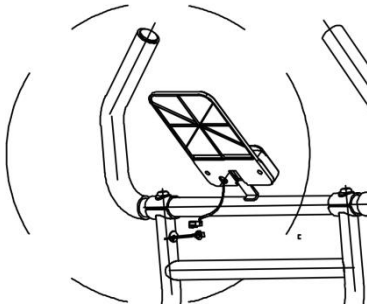
M6X16, four



wrench, one.

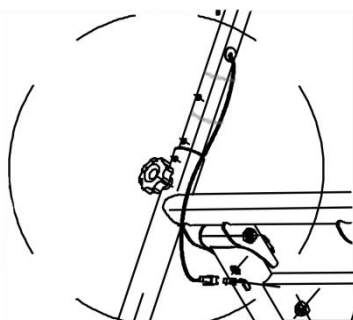
Step 6

Place the counter in the raised section located in the middle of the handrail.



Step 7

Connect the signal cable and use the velcro to fasten the cables to the pole. Installation is now complete.



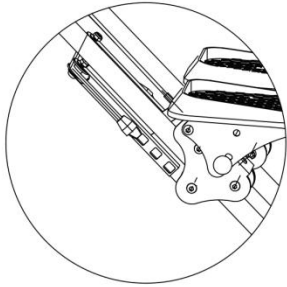
Required accessories:



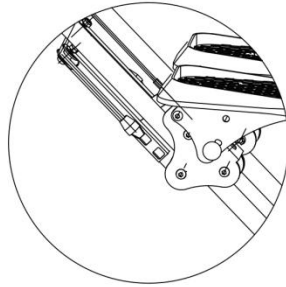
Velcro, four

How to Use

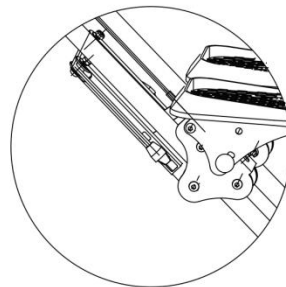
1. Adjust the side rope tension to one of three available levels to suit your preference. Always exercise within your capacity based on your physical condition.



1st position

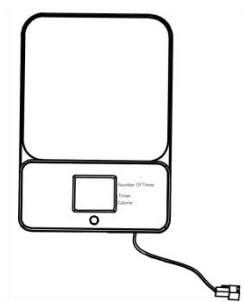


2nd position

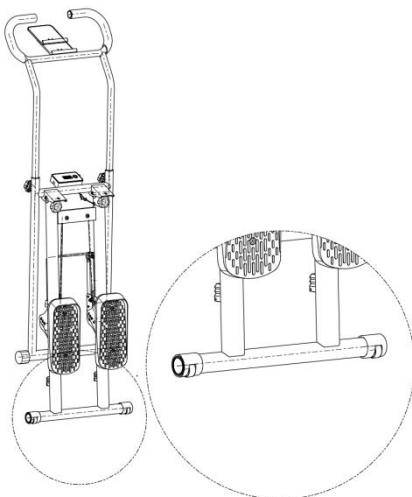


3rd position

2. To operate the counter, connect the cables and short press the button to power on. Use short presses to switch between time and calories display. Hold the button down for a few seconds to reset or power off.



3. Rollable wheels on the bottom make it easy to move the device. When finished, fold it and stand it upright for simple, space-saving storage.



MADE IN CHINA

CUSTOMER SERVICE:

KMART AU: 1800 124 125

KMART NZ: 0800 945 995

TARGET AU: 1300 753 567